Vancouver metro

Your essential daily news | THURSDAY, MAY 19, 2016

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VICTORIA DAY

A CITIDIOT'S GUIDE TO CAMPING THIS LONG WEEKEND

metroLIFE

HOUSE OF COMMOTION

Opposition accuses Trudeau of elbowing female NDP MP

metroNEWS

THE CANADIAN PRESS/HO-HOUSE OF COMMONS

Parliament apologizes for Komagata Maru

DARK PAST

Hundreds of Indo-Canadians attend historic moment

There's a Punjabi phrase shouted to give thanks for victories: The truth will always prevail.

So as Prime Minister Justin Trudeau concluded his formal apology Wednesday for the Komagata Maru incident of 1914, Amarjeet Singh Sohi, who had travelled from outside Toronto to watch the event, could not restrain himself.

With a turban proudly on his head and a chest full of medals for his Canadian community service, he rose to his feet in the public gallery of the House of Commons and shouted the phrase for all to hear.

And the hundreds of Indo-Canadians in attendance Wednesday for the historic moment roared back their thanks in union.

"This is a country for people who bring prosperity to be part of the mainstream, work together, play together, pray together," Sohi said afterwards.

It wasn't always that way.

In 1914, the Canadian government turned away most of the passengers of the Japanese steamship Komagata Maru, nearly all Sikhs, who'd hoped to start a new life in Canada.

The 376 passengers arrived off the coast of B.C. hoping to challenge the immigration laws at the time which refused entry to any Indians who had not arrived in Canada via a continuous journey from the home country — nearly impossible at the time.

Except for 20 passengers who had previously lived in Canada, officials refused to allow the Indians in, even though they were British subjects just like every other Canadian of the time.

The vessel sailed to India, where 19 of the passengers were killed in a skirmish with British authorities and dozens of others were imprisoned or forced into hiding.

"Canada cannot solely be blamed for every tragic mistake that occurred with the Komagata Maru and its passengers," Trudeau told the House, which was packed with MPs and onlookers, many of whom had travelled from across the country.

"But Canada's government was, without question, responsible for the laws that prevented these passengers from immigrating peacefully and securely. For that, and for every regrettable consequence that followed, we are sorry."

Trudeau's formal apology is the second from a Canadian prime minister. Former prime minister Stephen Harper delivered an apology in 2008 in British Columbia, not the House of Commons. THE CANADIAN PRESS

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Your essential daily news

Planet Earth shatters heat records for the 12th month in a row. **World**

Affordability, transit holding city back: Board of Trade

ECONOMY

Report ranks Vancouver ninth of 20 similar regions

Matt Kieltyka
Metro | Vancouver

Vancouver's housing affordability crisis and lack of public transit funding is holding the region back on the world stage.

Metro Vancouver ranks ninth among 20 comparable economic regions — including Singapore, Sydney, Hong Kong, Copenhagen, Seattle, San Francisco, Los Angeles, Toronto and Calgary — according to the Greater Vancouver Board of Trade's economic scorecard.

The report, prepared by the Conference Board of Canada and released Wednesday, compares the economic and social performance of each region.

Vancouver ranks high in total tax index, movement of goods, employment growth and a slew of social factors (air quality, climate, low crime rate, etc.) that makes the region's economic outlook strong, according to conference board president Daniel Muzyka.

Technology, cultural (such as TV and film) and financial service industries are thriving.

In a new economic report, Vancouver ranked high on social factors but struggles to keep young people working in the city. THE CANADIAN PRESS/ERIC DREGER FILE

But Vancouver struggles to attract and keep business because of its lack of affordable housing, transit options, the small percentage of population aged 25 to 34, income inequality and its inability to retain employees with university degrees.

The data used in the report — which the board of trade says is its most significant piece of public policy work in two decades — dates back to 2014.

Since then, housing prices have continued to rise and the region has voted against a sales tax increase to fund public transit expansion.

"Housing affordability has rapidly eroded since 2014. If we used the data today, and I think I can speak objectively here, we would give ourselves a D-minus," said Muzyka. "We don't give 'F's at the Conference Board."

Board of Trade president Iain Black said the information within the report puts an end to the "cocktail chatter" around affordability and transit issues and serves as a call to action.

"When we talk about the Greater Vancouver area being a lovely place to live but the housing is becoming unobtainable … we are no longer doing so using stories about our neighbour's best friend's kid trying to buy a condo," said Black. "We actually have hard data now and can have these conversations accordingly."

The Board of Trade put its support heavily behind the failed "yes" vote in the region's plebiscite on transit funding last year.

Black said one of the immediate actions it will take in the wake of the scorecard is to re-engage on the issue.

"We're not going to have 25- to 35-year-olds living here if they can't afford a house and get around," he said. "If they can live further out and get in through good public transit — that's just two things — that keeps them in the region and it also affects the supply and demand curve of housing. They're all linked together."

He called on the region's many municipalities to adopt a regional outlook or risk further stifling livability and economic activity in Metro Vancouver.

"Municipalities have to stop acting locally," he urged.

"Those days have to come to an end quickly, it's killing us."

+ SCORECARD

City's social performance:
- Air quality: A
- Proportion of population foreign-born: A
- Homicide rate: A
- Proportion of population that is employed in cultural occupations: B
- Climate: B
- Proportion of population with at least a bachelor's degree: C
- Non-car commuting: C
- Average travel time to and from work: C
- Income inequality: C
- Proportion of population ages 25-34: D
- Housing affordability: D

Economic scorecard 2016:
1) Singapore
2) Copenhagen
3) Hong Kong
4) Calgary
5) Seattle
6) Barcelona
7) Sydney
8) San Francisco
9) Vancouver
10) Toronto
11) Portland
12) Seoul
13) Rotterdam
14) Montreal
15) Houston

SOURCE: GREATER VANCOUVER BOARD OF TRADE

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Input from patients needed to fix 'gaps'

MENTAL HEALTH

Expert says province should heed lived experience

Dave P. Ball
Metro | Vancouver

Carol Bellringer, B.C.'s Auditor General, warned of service gaps for some mental health and addictions patients in the province. COURTESY B.C. AUDITOR GENERAL

Mental health organizations in B.C. are welcoming the recommendations of the province's Auditor General Carol Bellringer, who this week warned there are gaps in the province's mental health services.

In the wake of her report, the Canadian Mental Health Association is calling on the B.C. government to listen to the voices of those living with mental illness and addictions, as well as their communities and non-profit organizations serving them.

"There are gaps," said Jonny Morris, the association's acting CEO. "People with direct experience are the best-positioned to let us collectively know how that experience can be improved.

"Making sure those voices are part of the direction-setting moving forward is incredibly important."

Bellringer's study found that, although there are "pockets of good practice" in mental health care around the province, those practices aren't evenly distributed, resulting in unequal service depending on where patients live.

In particular, she reported, some mental health patients — particularly those with serious mental illnesses, brain injuries, addictions and histories of violence — may not be as well-served.

As a result, she said, some health authorities end up keeping mental health patients in hospital beds far longer than others. Some hospitals had a quick "patient flow" for mental health patients, while one facility had an average length of stay of 1,677 days among a sample of patient files.

"That's a long time," she said. "There are very serious situations when there's not somewhere else to go.

"It puts a lot of pressure on the system. Those beds are being filled and they can't bring other people in. Getting people out, with the right supports, is critical."

She called for a "province-wide strategy" to address the gaps, and said more information needs to be collected about where problems and any "bottlenecks" may lie.

Morris said that people with mental health and addictions issues have better outcomes in their community than a hospital, and said those resources could use more support.

"It's important to focus upon shoring up the community that's ready to receive someone back into community after release from a hospital," he said.

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Over half of First Nations children in poverty: Study

INDIGENOUS AFFAIRS

No reason for such 'extreme' statistics, says economist

David P. Ball
Metro | Vancouver

More than half of all First Nations children in Canada live below the poverty line, a new report has found.

That figure rises to 60 per cent for children living on reserves, more than three times the national average, according to a study by the Canadian Centre for Policy Alternatives.

A B.C. indigenous child-care advocate said the numbers, based on Statistics Canada data, are particularly "disheartening" in light of the recent Truth and Reconciliation Commission's recommendations.

"It is abhorrent that we still have this statistic, in this day and age," said Mary Teegee, president of the BC Aboriginal Child Care Society. "We're a first-world country. It's abysmal and disheartening to see such child-poverty rates."

The study, Shameful Neglect: Indigenous Child Poverty in Canada, compared countrywide data from the 2011 National Household Survey and the 2006 census and found on-reserve children's poverty worsened over five years.

"The anecdotal stories are clearly there that poverty is rife and opportunity is almost nonexistent in some of these reserves," said one of the study's authors, Canadian Centre for Policy Alternatives senior economist David Macdonald. "But we wanted to quantify it.

"It's really extreme. We're a wealthy country. There's no reason for these levels of poverty."

This month, two First Nations in Ontario — Attawapiskat and Grassy Narrows — declared states of emergency after a string of suicides and suicide attempts, many of them by youth.

The study also comes in the wake of a scathing decision by the Canadian Human Rights Tribunal, which ruled that Canada has discriminated against First Nations children in the way it underfunds child welfare and education on reserves.

"We know that poverty is related directly to education in many cases," Teegee said. "There's also the malignant grief we can't overlook — parents who have been traumatized by the impact of residential schools.

"So many times you hear, 'Why don't they just get over it?' Those impacts aren't something in the past; they're something our communities live with every day."

She said the federal government and provinces need a "comprehensive strategy" for indigenous child poverty. But ultimately, she argued, the problem can't be solved unless the Commission's recommendations are implemented and communities given more say over their futures.

Former Northwest Territories premier Stephen Kakfwi, a residential school survivor, holds his granddaughter Sadeya Kakfwi-Scott while standing with the audience at the Truth and Reconciliation Commission in Ottawa in June 2015. ADRIAN WYLD/THE CANADIAN PRESS

> **Those impacts aren't something in the past; they're something our communities live with every day.**
> Mary Teegee

CHILD POVERTY

- All Canadian children: 18%
- Children of immigrants: 32%
- All indigenous children (Métis, Inuit and First Nations): 38%
- First Nations children: 51%
- First Nations children on reserve: 60%

SOURCE: CANADIAN CENTRE FOR POLICY ALTERNATIVES

KINDER MORGAN

Energy Board to rule on pipeline

The National Energy Board will issue its report on Kinder Morgan's Trans Mountain pipeline expansion project on Thursday.

The report will reveal whether the board supports plans to triple the capacity of the pipeline, which carries diluted bitumen from oilsands near Edmonton across southern B.C. to Burnaby.

If approved, the expansion would add or reactivate almost 1,200 kilometres of pipeline and would also expand the Westridge Marine Terminal in Burnaby.

A positive recommendation would remove a major hurdle, while a federal cabinet decision is expected by the end of this year. THE CANADIAN PRESS

MEDICAL MARIJUANA

City gives very first licence to pot shop

The City of Vancouver has issued its first business licence to a medical-marijuana dispensary in its plan to manage the proliferation of illegal shops.

A city spokesman says the Wealth Shop Society, near the University of British Columbia, is the first to be regulated under rules established by the municipality nearly one year ago.

The city says 30 illegal marijuana stores have complied with regulations and stopped selling pot since the end of April, but 61 continue to operate against the rules. THE CANADIAN PRESS

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PM apologizes after Commons scuffle

POLITICS

Trudeau is accused of 'manhandling'

Rebecca Williams
Metro | Toronto

Prime Minister Justin Trudeau speaks in the House of Commons on Wednesday. ADRIAN WYLD /THE CANADIAN PRESS

Prime Minister Justin Trudeau and NDP Leader Tom Mulcair got into a heated exchange in the House of Commons on Wednesday as MPs gathered to vote on the Liberal government's controversial assisted-dying bill.

Video shows Trudeau taking the arm of Opposition Whip Gordon Brown in the crowd of MPs before the argument erupts.

Mulcair is shown yelling in the direction of Trudeau as the prime minister walks towards the NDP leader.

MPs then get between the two in apparent effort to separate them.

Trudeau, who physically took Brown by the arm, later told the House that he was trying to help the Opposition Whip as MPs were blocking the whip from his seat.

NDP House Leader Peter Julian accused Trudeau of "manhandling" Brown and MP Ruth-Ellen Brosseau told the House that she had been "elbowed in the chest" by the prime minister.

Trudeau got up to "apologize unreservedly" for the altercation.

Trudeau's apology was dismissed by the Opposition as a non-apology. NDP MP Niki Ashton suggested the shoving of Brosseau would qualify as assault outside the walls of Parliament. The Commons Speaker ruled that on its face, Trudeau's conduct was a breach of parliamentary privilege and referred it to the Commons procedure and house affairs committee, which could recommend Trudeau be sanctioned in some way.

Afterwards, Conservative and NDP House leaders stood together to denounce Trudeau's behaviour as disgraceful.

Former Speaker, Conservative MP Andrew Scheer said Trudeau "looked like he clearly lost his temper" when he charged down the aisle to move whip Brown along.

WITH FILES FROM TORSTAR NEWS SERVICE

JOHN MCCALLUM

Minister's remarks 'insensitive'

Immigration Minister John McCallum says his suggestion there's a cultural element driving Syrian refugees to food banks was insensitive and he regrets it.

Food banks from Halifax to B.C. have reported serving hundreds of Syrians who have come to Canada since November, the month the Liberal government launched a major resettlement program to bring 25,000 people by the end of February and thousands more by the end of this year.

The question of why came up Wednesday at a Senate committee studying the refugee resettlement program and McCallum initially pinpointed two reasons: the fact refugees do not have high levels of income upon arrival and something else.

"There may be a cultural element," he said. "You have to remember the refugees are coming from an entirely different world.

"Our world is very different than their world. Sometimes they have been living in refugee camps; maybe it's the norm to be offered meals. I'm not overly concerned about this."

But later Wednesday McCallum met with reporters outside the House of Commons to take back those remarks.

"The remark I made about food banks I think was insensitive so I regret having made that comment," he said.

THE CANADIAN PRESS

EQUALITY

McClung tops banknote poll

Roughly one-in-four Canadians think Nellie McClung should be the first woman outside of the royal family to look back at them from a domestic banknote.

For obvious reasons, the chairperson of the Nellie McClung Foundation, Lila Goodspeed, would count herself among them; but she notes choosing McClung could also loan itself to a lighthearted nickname for the bill.

"Coins have a name, so it could well be that (the new bill) does too," Goodspeed said. "You could do all kinds of things with a 'Nellie,' couldn't you? Something like: 'I'll bet a Nellie on that.'"

ILLUSTRATION BY ANDRES PLANA/METRO

The Angus Reid Institute research group reached 1,517 Canadians through an online survey in May, and found 27 per cent would like to see McClung on their money.

Among female-only respondents, McClung was even more popular as 32 per cent — or one-in-three — named her as their top choice.

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Traumatized Chibok girl reunited with her mother

NIGERIA

19-year-old is first to be recovered since kidnappings

One of the teenagers kidnapped by Boko Haram extremists over two years ago from a boarding school in northeastern Nigeria has been found with a baby and was reunited with her mother, a doctor said Wednesday — the first of the Chibok girls to be recovered since the mass abduction.

The 19-year-old woman, described by an uncle as traumatized by her experience, was found wandering with her baby on Tuesday on the fringes of the remote Sambisa Forest, which is located near Nigeria's border with Cameroon.

The news gave hope to the families of the 218 girls who are still missing and may provide information as to their whereabouts.

But the young woman told her mother that some of the Chibok girls have died in captivity and the others still are being held, according to her family's doctor, Idriss Danladi, who spoke to The Associated Press after talking with the mother.

This image from video posted by Boko Haram purports to show the kidnapped Chibok schoolgirls. THE ASSOCIATED PRESS

On April 14, 2014, Boko Haram stormed and firebombed the Government Girls Secondary School at Chibok and seized 276 girls preparing for science exams. Dozens managed to escape in the first hours, but 219 remained captive.

The young woman is the first of those captives to be found since the kidnapping, which grabbed worldwide attention and put a spotlight on the violence of Nigeria's homegrown Islamic extremists.

"God reigns!" one of the founders of the Bring Back Our Girls movement, Oby Ezekwesili, trumpeted on social media. "OUR #ChibokGirl ... IS BACK!!!!!!! #218ShallBeBack because #HopeEndures."

The inability of Nigeria's government and military to rescue the girls led, in part, to last year's electoral defeat of President Goodluck Jonathan, who was seen as uncaring.

THE ASSOCIATED PRESS

SOUTH AMERICA

Two more quakes hit Ecuador

Two powerful earthquakes jolted Ecuador on Wednesday, causing one death and injuring dozens.

Neither appeared to have caused serious damage but the government decided to cancel school nationwide as a precaution. In Guayaquil, office workers fled into the streets after the second quake.

Both tremors were centred along the Pacific coast near the epicentre of last month's magnitude-7.8 quake and rattled homes as far away as the capital, Quito.

Wednesday's initial shake was a magnitude-6.7 quake that struck before 3 a.m., and that was followed by a 6.8 tremor around midday.

President Rafael Correa said one person died in Manabi province in confusing circumstances that were still being investigated. At least 85 people were injured, two of them seriously.

"These sorts of aftershocks are normal but that doesn't mean they're not scary and can cause damage," Correa said in a televised address after the first quake. THE ASSOCIATED PRESS

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ENVIRONMENT

Earth's thermostat stuck on high

Thanks to a combination of global warming and an El Nino, the planet shattered monthly heat records for an unprecedented 12th straight month, as April smashed the old record by half a degree, according to U.S. federal scientists.

The National Oceanic and Atmospheric Administration's (NOAA) monthly climate calculation said Earth's average temperature in April was 13.7 C. That's 1.1 C warmer than the 20th-century average and well past the old record set in 2010.

The Southern Hemisphere led the way, with Africa, South America and Asia all having their warmest Aprils on record, NOAA climate scientist Ahira Sanchez-Lugo said.

The last month that wasn't record hot was April 2015. The last month Earth wasn't hotter than the 20th-century average was December 1984, and the last time Earth set a monthly cold record was almost a hundred years ago, in December 1916, according to NOAA records.

13.7 C
Earth's average temperature in April

"These kinds of records may not be that interesting, but so many in a row that break the previous records by so much indicates that we're entering uncharted climatic territory (for modern human society)," said Texas A&M University climate scientist Andrew Dessler.

At NOAA's climate-monitoring headquarters, "we are feeling like broken records stating the same thing" each month, Sanchez-Lugo said.

THE ASSOCIATED PRESS

Two survivors after a landslide in Elangipitiya village in Aranayaka, Sri Lanka, on Wednesday. THE ASSOCIATED PRESS

Hundreds of families go missing

SRI LANKA

As rain falls, officials warn more slides could occur

Soldiers and police used sticks and bare hands Wednesday to dig through enormous piles of mud covering houses in three villages hit by massive landslides in central Sri Lanka, with hundreds of families reported missing.

By evening, rescuers had pulled 17 bodies from the mud and debris unleashed by several days of heavy rain across the island nation. Officials said the extent of the tragedy was still unclear, but the Sri Lankan Red Cross said at least 220 families were unaccounted for.

"The task is to figure out what happened to them," the Red Cross said in a statement, noting that some people may have left after local officials warned earlier this week of possible landslides.

Heavy fog, rain, electrical outages and the loose ground were complicating efforts to search for survivors. As night fell, the rescue operation was suspended until dawn. Officials warned that, with rain still falling, more landslides could occur in the area.

Villagers said torrents of muddy water, tree branches and debris came crashing down around their homes Tuesday in the three villages, located at different heights on the same hill in Kegalle District, about 72 kilometres north of Colombo.

"I heard a huge sound like a plane crashing into the Earth," said 52-year-old A.G. Kamala, who had just returned to her house in one of the villages, Siripura, when the landslides hit. "I opened my door. I could not believe my eyes, as I saw something like a huge fireball rolling down the mountain."

Near the village of Elangapitiya — furthest down the hill — soldiers carried bodies to a school, where families waited for news of missing loved ones.

THE ASSOCIATED PRESS

Flight from Paris vanishes while en route to Egypt

An EgyptAir flight from Paris to Cairo carrying 59 passengers and 10 crew disappeared from radar early Thursday morning, the airline said.

The Airbus A320 most likely crashed into the sea, Ihab Raslan, a spokesman for the Egyptian civil aviation agency, told SkyNews Arabia. He said the plane was about to enter Egyptian airspace when it disappeared from radar. The airline, however, said it had vanished 16 kilometres after it entered Egyptian airspace.

EgyptAir Flight 804 was lost from radar at 2:45 a.m. local time, the airline said. It was flying at 37,000 feet when it disappeared.

The Paris airport authority and the French civil aviation authority would not immediately comment.

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metro VIEWS
Your essential daily news
Thursday, May 19, 2016

CHANTAL HÉBERT ON MARYAM MONSEF

The minister in charge of fulfilling the promise of a new voting system has failed to offer any evidence that her government has an agenda other than having its own way with the electoral process.

In parliamentary politics, little is more self-defeating than a minister who consistently insults the intelligence of his or her critics. Sooner or later the approach inevitably backfires.

For a case in point one only need to look at the last Parliament.

Former GTA MP Paul Calandra rose to fame in the House of Commons as Stephen Harper's last parliamentary secretary at a time when the Senate scandal was in full swing. In that capacity, he would usually take questions from the opposition leaders when the prime minister was away.

Obfuscation was Calandra's specialty. He seemed to take pride in turning question period into a gong show. In no time his desk became the place where issues of substance came to die.

For those with short memories, here is the answer he offered in response to a Liberal query about the Senate in December 2013: "I ask the Liberal party to join with us in protecting the citizenship of Santa Claus, join with us in making sure the North Pole remains part of Canada. For all of those kids around the world who are depending on Santa Claus, I ask them to abandon their ideas and stick with us, and keep Santa Claus Canadian."

This is just one of a tiresome number of examples. At one point a website devoted to Calandra quotes was created. There was never a shortage of new material to refresh it. By the time he lost his seat last October, he had become the poster boy for the Conservative government's disdain for the contribution of the opposition parties to the parliamentary debate.

There is not yet a match for Calandra on the Liberal side in the House of Commons but Democratic Institutions Minister Maryam Monsef is auditioning for the role.

For the better part of a week, the minister in charge of fulfilling Justin Trudeau's promise of a new voting system in time for the 2019 election has failed to offer any concrete evidence that her government has an agenda other than having its own way with the electoral process.

Pressed by the opposition parties, she has defaulted to bromides. Like Calandra, she is prone to explanations that defy logic. The difference is Monsef does it with a smile.

Democratic Institutions Minister Maryam Monsef in question period on Wednesday. Monsef's proposed electoral reform committee has been under fire from some who claim it's been designed for partisan advantage. ADRIAN WYLD/THE CANADIAN PRESS

Her proposed electoral reform committee is to be dominated by the Liberals. It will report to a House where a Liberal majority calls the shot. On the notion that the government is stacking the decks in its partisan favour, most independent outsiders concur with the opposition. But Monsef maintains that the fate of the reform is in the hands of all MPs. It's clear the opposition is free to propose as long as it is the Liberals who dispose.

In response to Conservative calls for a referendum to be held prior to the introduction of a different voting system the minister initially offered a tally of tweets on the issue of electoral reform. Had she read them Monsef might have found a groundswell of opposition to her chosen process.

Alternatively the minister argues that a plebiscite is not an effective option to sound out Canadians on the way forward because some voters would decline to participate. The underlying contention is that summer-long government-controlled parliamentary hearings and town halls are more inclusive. It is an unsustainable proposition.

By offering asinine answers to questions that resonate well beyond the opposition benches of the Commons Monsef has so far succeeded in burning bridges where she should have been building some. Even before it has gotten underway the Liberal electoral reform process is largely discredited.

It would be tempting to put this train wreck to the inexperience of a rookie minister but a government can count on the benefit of the doubt for only so long.

In the case of Calandra, for instance, observers did initially wonder whether he might not simply be out of his depth.

But at some point the answer ceased to matter, for no government minimally respectful of Parliament would have allowed its affairs to be conducted in such a farcical manner. The same will soon be true of Monsef's disingenuous handling of the electoral reform file.

Like Paul Calandra before her, Monsef is prone to explanations that defy logic. The difference is she does it with a smile.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

If we're really going to legalize pot, we need to own up to a few things

Dear pot smokers: Please don't f--k this up.

We are on the verge of legalization. This is a pivotal moment in our country. And some of you — actually statistically about half of you — are ruining it. In a recent survey, conducted by State Farm, 44 per cent of marijuana users said they don't think the drug impacts their ability to drive a car.

Come on, you'd have to be high to believe that. I'm a little sad to have to spell this out for you, but if pot didn't have an effect on your brain, you wouldn't use it. It might be green and fuzzy like a muppet, but it's a drug. Please treat it like one.

At least agree that limits to THC levels, as with blood alcohol, are good. Perhaps you need evidence: While much more research needs to be done on marijuana and its impact on the body (and undoubtedly will be, once pot is legalized), a 2009 meta-analysis from Yale and a 2015 study from the National Institute on Drug Abuse in the U.S. both showed that being stoned makes you a worse driver. If that surprises you, please re-read from the beginning. Maybe you got distracted by a flea.

The whole saviour complex some of you have with weed really needs to stop. You can't advocate for its medical effectiveness on one hand, and its lack of bodily effects on the other. You know the cliché that stoners are dumb? Please don't give it statistical grounding. For example, don't say, as 20 per cent of you did in the survey, that you will never stop driving high.

Also — please consider a different spokesperson than can usually be found at a 420 rally: the middle-class rasta-wannabe college white guy with a phallic joint the size of a banana.

That guy is not the reason this country needs to legalize pot. His individual desire to get baked pales in comparison to our country's need to save the estimated $1.2 billion we spend every year enforcing marijuana-possession laws. Or our need to avoid tens of thousands of arrests, and the impact they have most especially on people who can't afford a slick lawyer and those racially targeted by police. Nevermind how unimportant rasta-dude's carefree toking is compared to someone's search for relief from chronic pain.

You know that feeling when you're out of rollies? That's how I feel right now. Disappointed. Pot legislation is only a year away. I should be feeling good. Please stop crushing my vibe.

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metro LIFE

Your essential daily news

Thursday, May 19, 2016

Conservationists are worried Finding Dory will spike consumer demand for pet clownfish. It happened after the popularity of Finding Nemo and today more than 1 million clownfish are taken from their reefs for home aquariums.

Metro's WILDERNESS SURVIVAL GUIDE

The Victoria Day long weekend is the unofficial kickoff to summer and a tempting time to venture out on excursions. But what if things don't go as planned?

LIZ BROWN/METRO

The wilderness is, well, wild. And given the chance, it will try very hard to kill you. It's an easy thing to forget as you pack for an outdoor adventure surrounded by the comforts of civilization.

Metro spoke to Nick Buck, head instructor of the British Columbia-based survival school Survival In Canada who shared a few simple tips for what to do when your wilderness adventure travels up s—t creek. See page 16 for more survival tips.

SHARE YOUR PLANS

Let people know about your trip. "You can't get lost if people know where you are," says Buck. Write down the details and give them to friends or family members. Include when you're leaving, where you're going, your planned routes and when you expect to be back. Let these people know you'll call them when you return and if you don't call them, they're to call you. "If a rescue party does need to go out and search for you at least they'll know where to look," says Buck.

YOU'RE LOST

Stop and stay calm. "You're probably not as lost as you think you are," says Buck. Mark the spot where you're standing with ribbon and then wander around the area looking for the trail you've lost while keeping the ribbon in sight. If you can't find the trail or figure out where you're supposed to be going, you'll need to hunker down and wait for someone to find you. "The good news is 90 per cent of survival situations are resolved within 72 hours," he says.

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CONTINUED FROM PG. 14

YOU'RE HYPOTHERMIC
According to Buck, the biggest risk people face in a survival situation is hypothermia. "Your body operates in a narrow temperature band and if it's out of that band for about three hours then you're in trouble," he says. If you're wet, change into dry clothes and focus on starting a fire.

YOU NEED WATER
Boiling water will kill all biological pathogens, so you need to carry a metal canteen that can be heated. Carrying chlorine tablets or a portable water filter like a Life Straw is also a good idea. "You can survive about three days before you die of dehydration," says Buck.

YOU NEED SHELTER
A shelter from the wind and rain is crucial for preventing hypothermia as well. It doesn't need to be fancy. Tie paracord between two trees and hang a clear plastic drop sheet over the top about one metre away from your fire to create a makeshift tent.

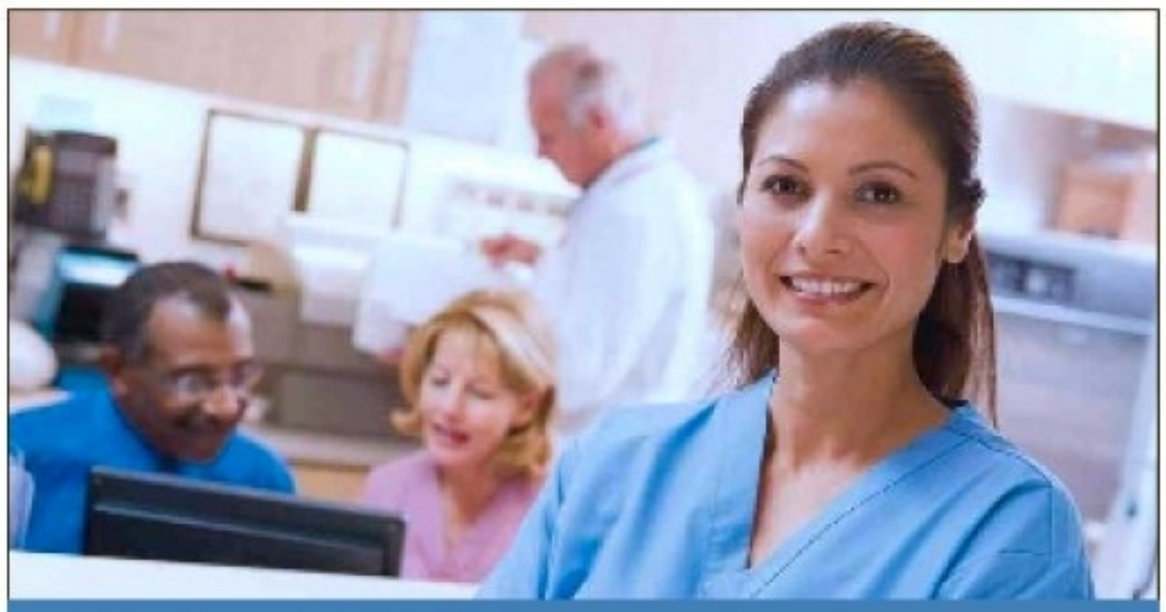
YOU NEED FOOD
"Food is your last concern," says Buck, adding humans can survive an average of three weeks in the wild without food. Pack an emergency stash of high energy foods like trail mix and protein bars.

THE 5 Cs OF SURVIVAL

(DON'T LEAVE HOME WITHOUT THEM)

1. **Cutting device:** A pocket knife
2. **Combustion device:** Buck recommends bringing and learning to use a ferro rod (a man-made metallic rod that produces sparks when scraped across a rough surface) and packing cotton pads and petroleum jelly. "You make a sandwich out of two cotton pads and a blob of petroleum jelly and light one spark on it and it'll burn for 10-15 minutes," he says. This gives you time to get wood burning.
3. **Cordage:** Paracord can be purchased at any outdoor supply store and makes building a shelter easy. Learning to tie a few knots can come in handy, too.
4. **Container:** A metal (not plastic) canteen for carrying and boiling water.
5. **Cover:** A clear plastic drop sheet for building a shelter. Buck also recommends bringing a couple of garbage bags that can be stuffed with leaves to create a makeshift mattress to prevent the loss of body heat from lying directly on the cold ground.

OTHER MUST-HAVE EMERGENCY ITEMS:
- A water filter like a Life Straw or water purification tablets
- A change of dry clothes, stored in a dry bag or freezer bag
- Ribbon to mark the trail in case you get lost



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STARTING A FAMILY

Low fertility the new norm, Statscan report says

Jen Traplin

Infertility is on the rise in Canada with the number of couples who are affected by it having doubled since the 1980s.

According to Statistics Canada figures, roughly one in six couples in Canada experience infertility, which is typically classified as a lack of conception after a certain amount of time — one year for women who are under 35 years old and six months for women over 35.

That could have something to do with the fact that women are now waiting longer to have babies. A recent Stats Canada report says the country has gone from a high-fertility society, where women had many children, to a low-fertility society where women are having fewer children and at increasingly older ages. These days, the average fertility rate for a woman is 1.61 children while her average age at childbirth is over 30.

Of course, waiting longer to start a family means there could be additional complications when it comes to getting pregnant.

> **Natural fertility starts to decrease after 32 years old.**
> Dr. Arthur Leader

"Natural fertility starts to decrease after 32 years old and then again after age 40, so it's important to think about it early on," says Dr. Arthur Leader, professor of Obstetrics, Gynecology and Reproductive Medicine at the University of Ottawa and founding partner of The Ottawa Fertility Centre.

"In terms of pregnancy, the complications become more significant after age 40. The chances of getting pregnant also drop significantly and infertility treatments are less effective when the woman is older as well."

Waiting longer to start a family reduces the chances of getting pregnant, experts say. ISTOCK

Leader says the first step in determining your chances of getting pregnant is to get an assessment (even well before you are ready to have children) to determine whether you are likely to encounter issues with infertility later on. The cost of the assessment is covered by OHIP.

BY THE NUMBERS

Fertility facts

- For the first time in 2010, the age-specific fertility rate was higher for women aged 35 to 39 than for women aged 20 to 24. By 2011, that gap widened even further.
- For the first time since 1945, the average age of mothers at childbirth in 2010 was over the age of 30 (30.1 years). By 2011, it had edged up to 30.2 years. On top of that, the average age at first birth in 2011 — 28.5 years — was the oldest recorded to date.
- Ninety-one per cent of women can get pregnant at age 30, 77 per cent by age 35 and 53 per cent by age 40.

*Source: Statistics Canada

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Wendel Clark lists his Muskoka cottage on Airbnb

MEET THE CONDO

Get into the Lotus position

Project overview

Lotus is the latest project by Moody Park Homes, recipient of the New West Chamber of Commerce's People's Choice Award in 2013. The six-storey building is currently under construction and is slated to be completed by January 2017. Interested buyers should hurry though — units are 80 per cent sold out.

In the neighbourhood

Lotus, located at 809 Fourth Ave., is in an area equipped with all the must-have amenities: major banks, health food stores, gyms, a shopping district and much more. Residents can head to the crossroads of "Sixth and Sixth," where they'll find an array of eateries and coffee shops. Weekends can be spent strolling through Queen's Park or at the Quay by the Fraser River.

Housing amenities

Sleek and contemporary finishes, expansive balconies and space-saving storage are some of the perks of living at Lotus. The European-style kitchens have quartz countertops and a top-of-the-line appliance package. Each suite has been designed with an open-concept in mind.

Location and transit

Buzzing with activity, this part of the city, known as Uptown New Westminster, is full of life. It's well-connected to Vancouver and Surrey via the SkyTrain, making it one of the most sought-after communities in the Lower Mainland. Getting to downtown Vancouver is only a 20-minute commute by car.

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5 BEST HERBS TO GROW IN YOUR GARDEN

Expert gardener and author Mark Cullen is no cook, but he sure knows how to grow things! Here, he shares his tips on the top five herbs to have in you garden and what you need to know about how to grow them. **MARK CULLEN/FOR TORSTAR NEWS SERVICE**

1 Basil

Experienced gardeners and cooks will know this is a no-brainer. Of course basil is No. 1 on my list. It is versatile as a culinary herb and it grows easily, given certain conditions. The first is the need for sunshine. In its native India, it receives more than a lot of heat and sunshine. Basil is a frost tender annual. You can start the seeds now or you can pick up small plants at your garden retailer. Keep them in your sunniest window until the end of May before you plant them out. Basil is an excellent container plant. Plant it in a quality planting mix and don't reuse the soil from last year as it is tired out. Put the old planting mix in the garden and work it in the existing soil.

2 Dill

Dill is a cinch to grow in any spot in the garden with a minimum of six hours of sunshine. It prefers an open, fertile soil but is not all that fussy. Avoid clay-based soil. The big challenge to growing dill is to avoid hoeing it out when you are weeding. Harvest the leaves as the plant matures for fish dishes and the seeds make great pickles. To grow it next year, just let some of this year's crop drop its seeds. You will have dill for life.

3 Rosemary

This is an appetite stimulant. If you find yourself without one (an appetite) just run your hands through a rosemary plant and inhale the aroma as you activate the essential oils on the plant. Give it a few minutes and you will be ravenous. Rosemary grows well in containers and when you clip its foliage for use in the kitchen it just gets thicker and better looking. Don't plan on keeping it over the winter, even though it is defined as a perennial woody herb.

4 Chives

If you are the person I keep meeting who says, "I can't grow anything," this is for you. Everyone can grow chives. Sow seeds directly into a container or plant store-bought versions right into the garden or containers. Chives are winter hardy. The last clump I planted, I stole from the compost heap at the community garden near me. A nice lady with a dog let me in.

5 Parsley

Technically this is a biannual. It grows for two years and then dies. I have good luck with it in the garden and in containers. It is unusual in that it only needs four hours of sun to do well. Look for the classic curly leafed parsley for garnishing any dish, or to add to a salad or soup. Italian parsley is tougher, grows more quickly, and is useful in cooking. I don't recommend it raw, though no doubt someone eats it that way.

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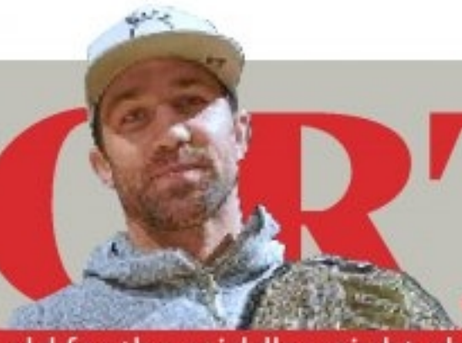

Michael Bisping has stepped in for the injured Chris Weidman to challenge Luke Rockhold for the middleweight championship at UFC 199

Time in Norway improved Hurtado on and off pitch

MLS

Whitecaps' forward has made a splash since returning

Erik Hurtado benefitted greatly from a transfer that sent him to Norway in 2015. Now back with the Vancouver Whitecaps, he has made an impact for the team. GETTY IMAGES

Getting shipped off to Europe did Erik Hurtado a world of good.

After falling out of favour with Vancouver early last season, the Whitecaps loaned the forward to a tiny Norwegian club in hopes of getting him game action and, perhaps more importantly, some perspective.

Now back in Major League Soccer, the 25-year-old seems like a new man.

"I needed to change my attitude," Hurtado said after Whitecaps' practice on Wednesday. "I needed to go out there and think about putting the team first. If I don't get into the (starting) lineup, that's OK. I can come off the bench and make an impact.

"That's what I need to do to help the team."

The fifth pick in the 2013 MLS SuperDraft, Hurtado scored all six of his MLS goals for Vancouver during the 2014 season, with four coming in one four-game stretch.

He started 19 times in the regular season and again in the Whitecaps' 2-1 playoff loss to FC Dallas, scoring the club's goal.

But something was different in 2015. Hurtado made just nine appearances, including a single start, before the Whitecaps decided it was time to send the native of Beaverton, Ore., packing.

The move turned out to be the wake-up called Hurtado needed.

"I just wanted to make myself the best player that I could — put my head down and work and whatever happened, happened," he said. "If it was to stay over there (in Norway), then it was to stay over there. If it was to come back here and help the team over here, then that's what it was."

He ended up scoring one goal in 12 appearances, including seven starts, in all competitions for Mjondalen IF, located in a town about 50 kilometres west of Oslo.

"What helped was me maturing a lot in Norway, going over there and seeing what it's like compared to what it's like over here and how good we have it," said Hurtado. "It's different. The (town) that I went to was very small, population of maybe 12,000.

"Great community ... but not MLS."

Whitecaps head coach Carl Robinson, who pulled the trigger on the loan deal, has been happy with the player he got back on a number of levels.

"He lost a little bit of weight, he gained a little bit of power, his mind was free," said Robinson. "He obviously made the right choices in certain aspects of his life."

Teammates have also noticed a change, including striker Kekuta Manneh, the player taken one spot ahead of Hurtado in the 2013 draft.

"The mentality he's got since he's been back (is different)," said Manneh. "I've seen a big improvement."

Hurtado provided a spark off the bench in five of Vancouver's first 12 games this season before getting handed his first MLS start since March 28, 2015, in Saturday's electric 4-3 win at Toronto FC.

"He's earned his way back into the squad," said Robinson. "When he's come on he's made a difference."

THE CANADIAN PRESS

> **"I needed to change my attitude.**
> Erik Hurtado

NHL PLAYOFFS

Penguins edge the Bolts in Game 3

Sidney Crosby, Phil Kessel and Chris Kunitz scored third-period goals, helping the Pittsburgh Penguins beat the Tampa Bay Lightning 4-2 in Game 3 of the Eastern Conference finals Wednesday night.

Carl Hagelin snapped a scoreless tie late in the second period and Matt Murray had 26 saves for the Penguins, who took a 2-1 lead in the best-of-seven series. Game 4 is Friday night at Amalie Arena.

Crosby's power-play goal restored a two-goal lead midway through the final period. Kunitz also beat goalie Andrei Vasilevskiy from the right circle to make it 4-1.

Tyler Johnson and Ondrej Palat scored for the Lightning. They have lost two straight after winning the series opener in Pittsburgh. The defending Eastern Conference champions were outshot 48-28, including 38-16 over the last two periods.

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GAME 3 In Tampa, Fla.

4	2
PENGUINS	LIGHTNING

IN BRIEF

Rays sweep the Jays

The Tampa Bay Rays belted three home runs off Toronto starter R.A. Dickey in a 6-3 victory Wednesday night.

Logan Morrison and Desmond Jennings hit back-to-back homers in the fourth inning and Kevin Kiermaier added a two-run shot in the sixth as the Rays swept the three-game series.

Tampa Bay (19-19) returned to the .500 mark with the win. Toronto (19-23) was outscored 30-7 in the series and has now dropped five straight home games.

THE CANADIAN PRESS

Tillman trumps old team

Chris Tillman won his fifth straight start with another solid performance against his former team and the Baltimore Orioles beat the Seattle Mariners 5-2 on Wednesday night.

Mark Trumbo and Matt Wieters hit back-to-back homers for the Orioles.

Tillman was drafted by Seattle in 2006 and traded to Baltimore two years later with Adam Jones for Erik Bedard. Since then, he has gone 7-0 in nine career starts against Seattle.

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NBA PLAYOFFS

Curry hot as Warriors light up Thunder

Stephen Curry scored 15 straight points in less than 2 minutes during one dazzling third-quarter stretch, and the Golden State Warriors beat the Oklahoma City Thunder 118-91 on Wednesday night to even the Western Conference final at one game apiece.

The MVP scored 28 points, making 5 of 8 3-pointers and shooting 9 for 15 overall, while Klay Thompson added 15 points in a balanced performance by the defending champions to bounce back from just their third defeat all season at Oracle Arena in the series opener two nights earlier.

GAME 2 in Oakland

118	91
WARRIORS	WARRIORS

Kevin Durant scored 29 points but just six after halftime. Russell Westbrook had 16 points and 12 assists for the Thunder, who were outrebounded for the first time in five meetings with the Warriors this season.

Game 3 is Sunday in Oklahoma City. THE ASSOCIATED PRESS

Golden State Warriors guard Stephen Curry smiles after scoring during the second half of Game 2. THE ASSOCIATED PRESS

RECIPE Lemon Thyme Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This summery salad is bountiful enough to satisfy the meat and potato lovers at your table.

Ready in
Prep time: 15 minutes
Cook time: 30 minutes

Ingredients
- 1/4 cup extra virgin olive oil
- Juice of 1 large lemon
- Zest of 1/2 lemon
- 1 Tbsp of fresh chopped thyme
- 3 chicken breasts
- 6 cups sliced mixed greens
- 2 cups small potatoes, halved, boiled and tossed with oil and salt
- 4 soft boiled eggs, cut in half
- 1 cup thinly sliced carrot
- 1 cup halved cherry tomatoes
- 1 cup diced cucumber
- 1/2 cup shaved Asiago or Parmesan cheese
- 1/4 cup diced green onion
- 1/2 tsp fresh chopped thyme

Directions

1. In a bowl, combine oil, lemon juice, zest and thyme. Pour into plastic bag. Add chicken to bag, seal and refrigerate for at least 15 minutes.

2. Arrange greens on a serving dish. Place potatoes, eggs, carrot, cherry tomatoes, cucumber and cheese in groups on top.

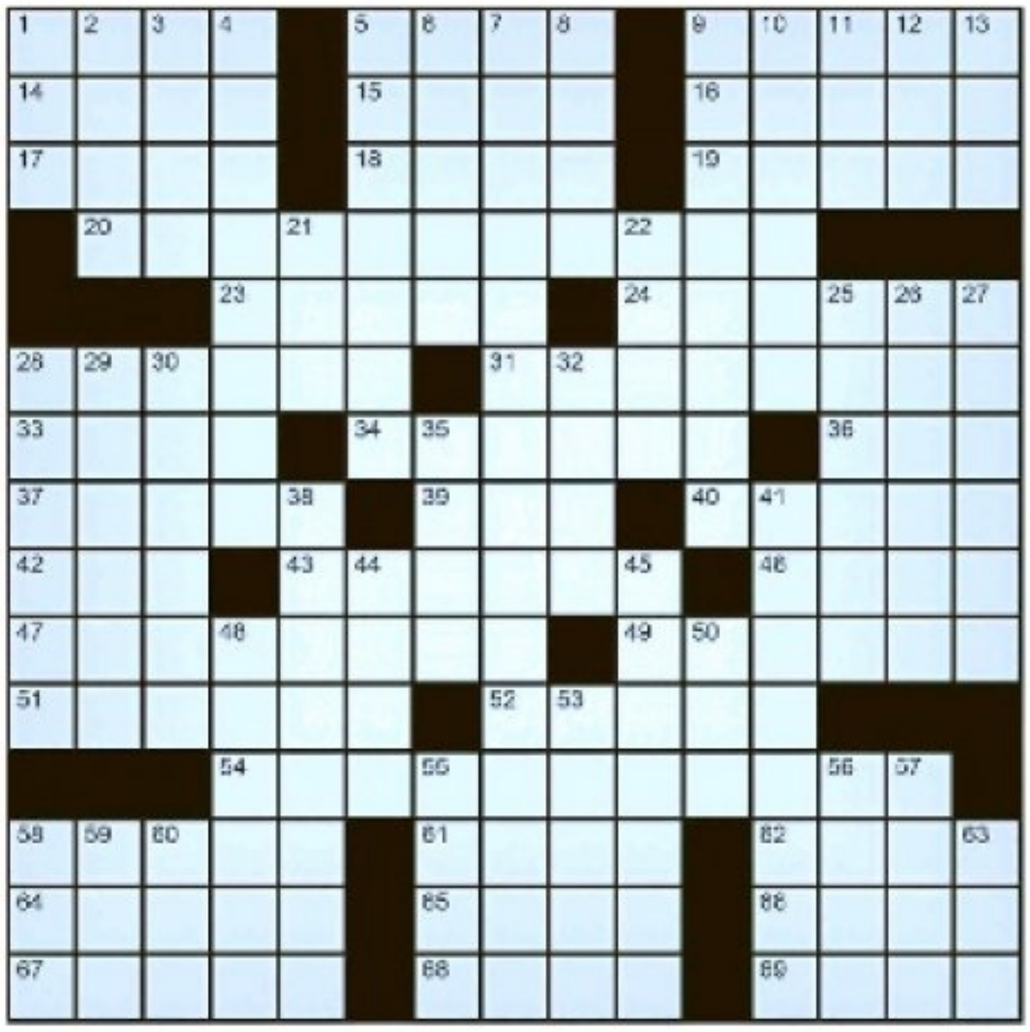
3. Heat grill to medium-high. Remove chicken and place and grill coated with cooking spray; grill 10 minutes or until browned. Turn chicken over; grill 15 minutes or until meat tis done. Remove and let stand 10 minutes. Slice chicken into strips and place on top of salad.

4. Sprinkle the entire salad with green onions and fresh thyme. Serve with your favourite salad dressing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Poison rocker Mr. Michaels
5. "__ Feel My Face" by The Weeknd
9. "Time in a Bottle" singer Jim
14. "__ & Stitch" (2002)
15. Pulitzer-winning writer James
16. Summer months in France
17. Marc __ (Fashion designer)
18. 1899 to 1902 conflict, Second __ War
19. Hog
20. One of the five 'Mother Sauces' of the culinary arts
23. Green hue
24. Creator of big screen monster Godzilla, Tomoyuki __ (b.1910 - d.1997)
28. Wipe out
31. Lifts
33. Organic compound
34. Intense injury
36. She's opposite
37. Business days, acronymonially
39. Passed in 1867, it made Canada [acronym]
40. Glistened
42. J.R.R. Tolkien creature
43. Out of commission because of an ailment: 2 wds.
46. "Mister Ed" actor Leon
47. Turkey's geographical locale: 2 wds.
49. Taking a prescription: 2 wds.
51. Model/actress Ms. Ebanks
52. Tourist's accommodation
54. Ontario: Musical now playing at the Stratford Festival: 3 wds.
58. Archie Bunker's wife
61. Canadian actress Fiona
62. Ho-hum
64. Bristly hairs
65. The Naked __ (Goya painting)
66. Stick in one's __ (Rankle)
67. __"_" Us (Chain store)
68. Red-covered cheese
69. Pull along

DOWN
1. Wheat: French
2. In the money
3. Town in British Columbia's 'South Country'
4. Home contractor's accessory: 2 wds.
5. Broadway musical-turned-movie-of-1972
6. Torment
7. __-__-__ (Name of the grass emblem of Saskatchewan)
8. Prefix meaning 'Trillion'
9. Starch-extracted roots for tapioca
10. Ivanhoe's beloved
11. Not 'non'
12. Type of package [abbr.]
13. 'Legal' suffix (Lawyer-speak)
21. Permit
22. Thingy
25. Relaxed/comfortable: 2 wds.
26. Lamented
27. Evaluate
28. Devils
29. Main course
30. Like 'light' food
32. Lei-wearer's feast
35. Baseball stats.
38. The Bounty mutineer, __ Christian
41. As per #54-Across... Music: Marvin __, Lyrics: Edward Kleban
44. "Sooo soothing!" (Spa massage reaction)
45. WWII: Conference site in 1945 for The Big Three
48. Lariats
50. First word in Inferno by Dante
53. Mystifying game board
55. Elm: French
56. Ms. Ephron of screenplays
57. Biblical twin of Jacob's
58. "C'__ la vie!"
59. God willing, __ volente
60. 'Acid' suffix
63. Graduation bird

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your focus is on shared property and the wealth of others. Don't be envious, because it's just a waste of energy. Be glad you have what you have.

Taurus April 21 - May 21
You will have to go more than halfway when dealing with others today, because the Moon is opposite your sign. This happens for two days every month. No biggie.

Gemini May 22 - June 21
Your involvement with a pet might be particularly important today. You feel concerned. It will please you to do something so that you feel better organized.

Cancer June 22 - July 23
This is a playful, fun-loving day. You might want to play hooky or take a long lunch. Sports events, social occasions and romantic excursions will appeal. Ooo la la.

Leo July 24 - Aug. 23
You need to cocoon at home or focus energy on your private life. Use this day to take a breather and pamper yourself among familiar surroundings.

Virgo Aug. 24 - Sept. 23
You have a need to relate to others today. This is why you want genuine, heart-to-heart discussions with people, not superficial chitchat about the weather.

Libra Sept. 24 - Oct. 23
Money and cash flow are a concern today. You don't like to discuss your finances with others, but you certainly think a lot about them. And today is one of those days.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in Scorpio, which makes you a bit more emotional than usual. This happens for two days every month. Just chill.

Sagittarius Nov. 23 - Dec. 21
If you can sneak away and get some time alone today, this will please you. You need a moment to pull your act together before you take it on the road.

Capricorn Dec. 22 - Jan. 20
A conversation with a female friend could be significant today. You might discuss goals, future dreams or how to move forward with organizational plans.

Aquarius Jan. 21 - Feb. 19
You feel restless and eager for something different today. Therefore, indulge this need. Go someplace you've never been before. Explore your world. Shake it up a little.

Pisces
Feb. 20 - March 20
Stay on top of banking, debt, taxes and all that red-tape stuff. Information is power, especially when it comes to your own personal finances. Know what's happening.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			3		6			
	2		1	9	4		7	
4			2		1			8
5			7		9			2
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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2	8	1	7	3	6	4	9	5
4	3	5	2	9	8	6	7	1
9	7	6	4	1	5	2	8	3
6	1	4	9	5	2	8	3	7
3	9	8	6	7	1	5	4	2
5	2	7	3	8	4	1	6	9
7	4	2	5	6	3	9	1	8
8	5	3	1	4	9	7	2	6
1	6	9	8	2	7	3	5	4

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